The Becoming A Man program empowers young men to develop the social and emotional skills needed to thrive.

BAM is a school-based group counseling and prevention program that creates a safe space for young men in 6th-12th grades to express themselves and develop the social and emotional skills necessary to succeed in school and beyond.

**WHY BAM WORKS**

- **IT’S AN EVIDENCED-BASED PROGRAM**
  that is backed up by a Randomized Controlled Trial (RCT) conducted by the University of Chicago’s Urban Labs.

- **IT INTEGRATES CLINICAL THEORY AND PRACTICE**
  men’s rites of passage work, and a dynamic approach to youth engagement.

- **IT DELIVERS ON OUR MISSION**
  of “meeting students where they are,” by providing ongoing basic, social-emotional, and mental health supports to our students.

**HOW BAM WORKS**

- Delivered via weekly 50 minute group counseling sessions in “Circles” of 12-15 students during the school day.

- Circles are led by BAM youth specialists, who are college-educated and Youth Guidance staff, many of whom are from the neighborhoods they work in and/or have shared lived experiences.

- Youth specialists maintain a caseload of ~55 students or 4-6 BAM Circles at one school and are accessible to students for individual sessions to ensure that all students’ needs are met.

- Youth specialists embed themselves into our partner sites’ ecosystem by joining school teams, including Behavioral Health Teams, and provide a level of student support that is uncommon in many urban centers.

**BAM IN DALLAS**

BAM was launched in 2011 after its success in Chicago and a careful mutual selection process with Dallas Independent School District, BAM launched in Dallas in Fall 2021, serving five schools.
**BAM HELPED ME TO SEE MYSELF AS MORE THAN AN ATHLETE. IT HELPED ME TO PRIORITIZE BOTH SCHOOL AND SPORTS, AND THAT HAD ALWAYS BEEN A STRUGGLE FOR ME.**

Now, I am able to talk to my BAM circle and counselor about how I feel, and have a true safe space aside from what I’ve found with my football teammates. Those guys want to see me do well too.”

– BAM SOPHOMORE

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**BAM CORE VALUES**

BAM’s curriculum is organized around six core values, which are explicitly aligned with academic-based social-emotional learning standards that include self-awareness, self-management, social-awareness, and responsible decision making.

→ **INTEGRITY**
  Students learn that a man is someone who is reliable, honest, and in touch with his virtues.

→ **ACCOUNTABILITY**
  Students learn that they should be responsible for the choices they make and take ownership for their feelings, thoughts and behaviors.

→ **SELF-DETERMINATION**
  Students learn the importance of focus and perseverance in reaching one’s goals and learn to deal with self-defeating feelings, thoughts and behaviors.

→ **POSITIVE ANGER EXPRESSION**
  Students learn anger management, coping skills and effective techniques to express anger.

→ **RESPECT FOR WOMANHOOD**
  Students are challenged to take a critical look at the values and actions that represent positive experiences and appreciation for women.

→ **VISIONARY GOAL-SETTING**
  Students learn to envision their futures and make clear connections between current behaviors, attitudes, values and visions.

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To learn more about the BAM program in Dallas, please scan the QR code or email info@youth-guidance.org.